



“Changing the Scene-Improving the School Nutrition Environment”

■ 2. Support Materials

- ✓ An “Improvement Checklist” - What’s OK and what needs improvement in regard to the six components.
- ✓ Handouts on various related topics targeted to different audiences (principals, board members, etc.) and “Fact Sheets”.
- ✓ Samples – letters to parents, sample press releases, sample feature articles, op-ed pieces, etc.



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■ 3. Related Resources

- ✓ “Fit, Healthy and Ready to Learn” from the National Association of State Boards of Education (NASBE).
- ✓ “Promoting Healthy Eating Behaviors, Prescription for Change – Ten Keys to Promote Healthy Eating in Schools”.
- ✓ DHHS/CDC “School Health Index for Physical Activity and Healthy Eating”



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■ 4. Presentation Materials

- ✓ A ready-to-use presentation on “Changing the Scene—Improving the School Nutrition Environment” with 21 color overhead projector slides and a script.



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■ 5. Video

- ✓ Entitled “The Missing Curriculum: How Schools can Influence how our Children Eat”, this 15-minute presentation deals with the need to integrate health and education efforts directed to students.



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- How do I get the package?
- ✓ While supplies last, you can order from USDA at <http://www.fns.usda.gov/tn>
- ✓ We plan to “burn” entire presentation onto a CD and make it available to you in the fall.



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■ 1. A Guide to Local Action

Six Components of a Healthy School Nutrition Environment

- ✓ A Commitment to Nutrition and Physical Activity
- ✓ Quality School Meals
- ✓ Other Healthy Food Choices
- ✓ Pleasant Eating Experiences
- ✓ Nutrition Education
- ✓ Marketing

Each component sets forth “Definitions of Success” and suggested activities to make that definition a reality